

Vegetarian roast served with creamy bread sauce and roasted glazed parsnips.

Linda McCartney

Method

Bread Sauce:

Halve a large onion and stick cloves into each half (approx 8 in each half) Place the onion halves in a saucepan with a bay leaf, 8 black peppercorns, 1 pint (570 ml) of creamy milk and some salt. Bring everything up to simmering point, remove from the heat, put the lid on and leave everything to infuse for at least 2 hours.

Pass the infused milk through a sieve, and return to the saucepan. Stir 4 oz (110 g) freshly made white breadcrumbs into the milk and add 1 oz (25 g) butter. Stir over a low heat to melt the butter and thicken slightly – this will take about 15 minutes. Leave the sauce in the pan in a warm place until you are ready to serve it. Re-heat the sauce gently then beat in 2 tablespoons of double cream and a grating of nutmeg if required.

Parsnips:

Peel 4 parsnips, and cut into quarters.

Cook in a large pan of boiling water for 5 minutes and then drain well.

Heat 1 tbs olive oil in a small roasting tin or flameproof dish, add the parsnips and turn to coat in the oil. Place in the oven under the roast.

Roast for 20 minutes, remove from the oven, drizzle over the juice of half a small lemon and a tablespoon of honey, roast for a further 10 mins or until starting to brown.